

# INFLUENZA

A STATEMENT FROM THE TERRITORIAL BOARD OF HEALTH

This disease is assumed to be caused by a small bacillus which is constantly associated with the disease. Influenza occurs sporadically, in epidemics, and in great pandemics such as the recent, and in many places present, worldwide outbreak.

The period of incubation, which is the length of time from the initial exposure until the first development of the disease occurs, is usually from 48 to 72 hours or longer.

## SYMPTOMS

Influenza, or Grip, is an acute infectious disease characterized by fever, by catarrhal irritation of any or all of the mucous tracts especially the respiratory, by muscular pains, pains in the back and in the extremities, and severe headache. The attack may begin with a chill, another way of onset is by extreme and sudden prostration. Mental depression is also a frequent symptom. There is always more or less fever. Slight at times and again very high. More frequently it does not exceed 103 degrees F. which usually prevails for three days and then subsides to normal temperature. It is just at this point when the patient is beginning to recover from the debilitating effect of the disease that he should carefully avoid exposure to further infection.

## TREATMENT

The treatment of the majority of cases is simple. At the onset of the disease one should go home at once and go to bed. Call in a physician and follow his directions. The conclusion of the case is generally favorable where the patient goes to bed at once or at least houses himself, for he is almost sure to recover in four or five days. Do not attempt to fight through the disease without losing a day's time from your business for you only open the way to severe pneumonic complications and extreme prostration. The most serious complication of this disease is pneumonia. It is often invited by exposure during convalescence or in an attempt by the patient to fight out the disease without giving up. A most important fact to be remembered in this connection is the tendency of influenza to develop latent disease into active disease.

## MEANS OF TRANSMISSION

Influenza is transmitted directly from person to person, being highly contagious in its early stages. The bacillus is found in the secretions of the nose, throat and respiratory tract but outside of the body it does not multiply, has a very feeble resistance and soon dies out. One of the modes of transmission is droplet infection directed from one person to another, within a radius of a few feet, by the infected person sneezing or coughing thereby setting up a direct exchange of the secretions of the nose and throat. The common drinking cup, the roller towel, handkerchiefs, pipes, toys, glass tumblers, spoons, or other objects recently mouthed are also excellent agents in the transmission of this disease. We should all, therefore, carefully and persistently avoid sneezing and coughing openly in close proximity to those around us. If compelled to cough or sneeze mask the nose and mouth with your handkerchief during the attack.

We should religiously refrain from the use of the common drinking cup or the use of other objects contaminated with fresh secretions by others.

## GO HOME AND GO TO BED

Each individual at the onset of the disease should go home at once and to bed; this is not only for his own benefit but for the benefit of others. By so doing he eliminates the menace he is to his business associates and friends and benefits them as well as the community.

By this voluntary isolation at home and remaining in bed during the febrile state of the disease the patient not only insures his recovery but he protects others from infection. This one measure would very largely diminish the prevalence of influenza as well as common colds.

## DON'T BE AFRAID OF FRESH AIR

See that your rooms and dwellings are always well ventilated. Let in the pure, fresh air. It will not harm you it will do you good. Plenty of fresh air, rest, and exercise will resist the onset of disease.

Education in prophylaxis is of great importance and this article is intended to promote such. The public can assist materially in subduing an epidemic of this disease by following the measures outlined herein.

THE TERRITORIAL BOARD OF HEALTH

S. S. PAXSON,  
President.

Jan. 28, Feb. 4, 11, 18.

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# Items of Interest to Our Homesteaders

By G. W. SAHR, County Agent

## GREATER YIELDS FROM USE OF GREEN-MANURING CROPS

Green-manuring crops increase the moisture-holding capacity of soils, and in particular lighten heavy soils, explains the United States Department of Agriculture in a recent publication.

The New Jersey Experiment Station calculates that two crops of green manure contain as much phosphoric acid and potash and nearly as much nitrogen and organic matter as 20 tons of stable manure. Although the potash and phosphoric acid are not added to the soil, they are returned in a more available form, and if the green manure used is a legume, at least part of the nitrogen is an addition to that already in the soil. However, it is expensive to handle the stable refuse, while the green-manuring crop can be grown directly on the impoverished land, and thus be ready for uniform plowing under when it has attained the proper growth. The New Jersey station demonstrated that leguminous green manures are more efficient than stable manure in the matter of crop production and in maintaining the nitrogen content in the soil.

The residual value of a green-manure crop is evident for the two or more years after a crop of cowpeas or velvet beans has been turned under, according to the results of experiments conducted in Alabama. The Canada Experiment Farm at Ottawa ascertained that the effect of a turned-under crop of red clover was still strongly evident the third year afterward.

Where a leguminous crop can be properly harvested and fed to live stock, and the resultant manure can be returned in good condition to the land, the net returns to the farmer usually are greater than where the crop is turned under directly as a fertilizer. Factors which determine whether a crop should be plowed under or fed are: (1) The richness and physical condition of the soil, (2) character of the crop at the time it is ready to cut, (3) lack of live stock to consume the crop, (4) the price of feed and the local value of manure. The problem of what disposition each farmer should make of green cover crops is one for individual solution, as each man must make his own decision in this regard in accordance with his local conditions.

A green manuring crop should be turned under at least two weeks before the next crop is planted. In plowing down the catch crop, the furrow slice should be laid slanting at an angle of 30 to 40 degrees with the horizontal. Directly after plowing the field should be rolled thoroughly, as this hastens decay and prevents the drying out of the soil.

## HOME PRODUCTION OF POTASH

The problem of increasing potash production in this country has been turned over to the Department of the Interior by the War Industries Board, in an effort permanently to free our farmers from the practical monopoly in potash production that Germany has long enjoyed.

Weeds are injurious and detrimental in so many ways that it is extremely difficult to calculate the damage which they cause. This damage, however, is much greater than is apparent. One big fact regarding weeds is that they increase in numbers each year until their presence is accepted as the normal condition and their detrimental effect overlooked.

## SOME ADVANTAGES OF DAIRYING

1. The sale of dairy products furnishes a steady income throughout the year. The farmer who depends upon crop sales for his income usually makes the bulk of his sales during one or two months of the year, while during the rest of the year has no cash income. Such a system requires long credits in the community.

2. The market for dairy products fluctuates very little year by year as compared with other farm products.

3. Through the return of manure to the land the fertility and physical condition of the soil may be maintained at a high level and crops increased. Even after many years a properly maintained dairy farm has constantly increasing crop yields instead of decreasing ones.

4. In dairying, labor may be utilized at a more uniform rate throughout the year than in nearly any other farm business. The cane planter for example requires additional labor at harvest time, but so far as the dairy is concerned the dairyman has about the same duties to perform every month of the year. Thus, less help is required seasonally and permanent employees may be kept.

5. Through the dairy cow many unsalable roughages may be transformed into products from which cash may be realized. Grass, hay, corn, fodder, and other roughage which may not have a ready sale are economically utilized by the dairy cow. Land which is not suitable for cultivation can be utilized for pasturage for dairy cows.

## Cold-Rains Reduce Milk Flow.

Cold uncomfortable cows will not make economical use of feed. Their highly developed nervous systems are very susceptible to sudden changes in temperature. This should be born in mind in the fall when the first cold rains and cold winds come. Protection from these will prevent the reduction in milk flow which they will always cause. Do not waste feed by letting your cows stand out in cold winds and rain.

## PLAN GAS ATTACK ON WEEVILS

Weevils which annually destroy millions of dollars worth of valuable food and feed in the form of beans, peas, and corn in storage—have not yet discovered the advantage of gas masks. Those who expect trouble from weevils in stored seed or in store feed, can successfully kill them by a gas attack immediately after the crops are harvested. Carbon bisulphid should be used. Place the seed in an air-tight container, such as a tin can, barrel, or bin, and place a saucer or flat dish on top of the seed. Pour the chemical into the dish (2 to 4 pounds to every 500 cubic feet of space to be fumigated). The carbon bisulphid will evaporate and diffuse to all parts of the bin or container. The seed should be kept airtight from 24 to 48 hours. After the fumigation the seed should be protected from weevils by fine screening but should not be stored absolutely airtight. It should be inspected frequently to see that the weevils do not reappear. In case they do, repeat the gas treatment.

Work on the eight adjoining lots located in the fourth series at Kapaa and drawn by relatives of Henry Van Giesen, is progressing favorably. Samuel Kellinui who is working the land on agreement has practically completed his house on the premises and has

already got part of the land under cultivation.

The eight adjoining lots comprise about 140 acres, almost all of which is first class agricultural land. Mr. Kellinui intends to get 110 acres under cultivation in 1919, most of which will go into cane, but he also intends to plant five acres to corn, one acre to sweet potatoes, and he may reserve about 10 acres for pineapples. He also intends to keep a few hogs and is at present on the look out for a few good brood sows, and has spoken for some pure bred young Berkshires from the College of Hawaii. A flock of good poultry will be included in Mr. Kellinui's back to the land plan, but he has not fully decided what breed to adopt, but favors the large breeds such as the Rhode Island Red and the Buff Orpington.

Mr. Kellinui is very anxious to get the Hawaiians back on the land and in planning his agricultural enterprise this was his chief end in view. At present there are eight men employed on the place. Part of the land is very badly overgrown with lantana and so far, the men have been occupied chiefly in clearing the land, but several acres have already been plowed and five acres are being prepared for corn. Mr. Kellinui was unable to get Guam corn seed and therefore is planting seed from Kula, Maui. As he expects to plant his cane this coming summer he has sufficient time to get the land in good condition for this crop and if work continues at the present rate he will get his cane planted in good season.

No contract for buying or harvesting the cane has been made with the Makee Sugar Company, but a square deal is expected. The planting it is intended shall be done independent from the plantation. Perhaps it will be necessary to employ some extra labor for the rush season, but the work will be done entirely under Mr. Kellinui's supervision, although it is expected that the plantation will aid in advancing money for the project.

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## KEEP CHICKENS AT HOME

A yard surrounded by a 5-foot fence will, under most conditions, keep chickens at home. If the hens show a tendency to fly over such fence the flight feathers of one wing should be clipped. A fence made of woven wire is preferable to a fence made of board or other material. A board should not be used at the top of a wire fence as it gives the hens a visible place to alight and tends to teach them to fly over. The larger the yard which can be provided the more contented the hens will be. It not only gives them greater opportunity to exercise but often makes it possible to maintain a sod in the yard which is advisable.

Chickens are great destroyers of insects, including many injurious forms, in yard, pasture, and orchard. They utilize, also, many grasses and weeds, and seeds from the same, that would otherwise be of no use.

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## KAPAA HOMESTEADERS' HARVESTING ASSOCIATION

The Kapaa Homesteaders' Harvesting Association is making good. The labor camp constructed by the association at a cost of \$1800 has been completed and occupied for some time, and the work of the association is progressing very successfully.

At a meeting of the members of the association last week the following officers were elected: A. M. Souza, president; J. F. Ropozo, vice-president; John Onnelas, secretary; Mrs. A. Rodrigues, treasurer; S. Fukamoto, auditor; M. G. Aguiar, Antonio Ruiz and Daniel Lovell, directors.

Manuel Aguiar, one of the directors of the organization, reports that so far about 75 acres of cane belonging to members of

the association have been harvested. The labor for the harvesting is employed by the organization under the supervision of Joe Aguiar who acts as overseer for the gang of about 26 men.

The present rate of harvesting is about 100 tons of cane per day or between 40 and 50 cars per day at a cost of about 85 cents per ton for cutting and loading. The rate of 85 cents per ton for cutting and loading is 15 cents less than the rate charged by the plantation last year when they were able to harvest the cane for the homesteaders. The harvesting association is also laying the track for the cane cars. For this work the plantation allows the homesteader 25 cents for every ton of cane as according to contract the plantation is supposed to perform this part of the operation. The homesteaders find however, that the actual cost of laying track is more than 25 cents on a ton of cane and feel that they have not been allowed a sufficient amount for this operation which they are performing themselves.

However, considering the increase in wages since last year the homesteaders consider themselves fortunate in being able to save 15 cents on last year's cost of harvesting by doing the work themselves. The saving of 15 cents on a ton of cane will amount to \$1800 on the total production of the harvesting association on this year's crop and will be sufficient to pay the cost of the labor camp.

The work as outlined for the association for the present harvesting season will consist in harvesting the following acreages from the following members: M. G. Aguiar, 16 acres; Antonio Ruiz, 19 acres; Dan Lovell, 20 acres; Joe Reis, 15 acres; Gasper Teruelli, 19 acres; Joe C. Reis Jr., 20 acres; John Viveros, 8 acres; Antonio Silva, 19 acres; I. Kolae, 18 acres; Jose Himenez, 20 acres; A. M. Souza, 7 acres; J. F. Ropozo, 18 acres; John Onnelas, 10 acres; Mrs. A. Rodrigues, 19 acres; S. Fukamoto, 18 acres; Joe Contrades, 20 acres; Myasato, 18 acres; Manuel Teves, 24 acres; Mrs. Lahapa Mundon, 28 acres, making a total of 327 acres.

Some of this cane has already been harvested. At the present rate of harvesting the association expects to complete the harvesting of cane by the middle of May and the labor now engaged will be available for other purposes during the planting season.

With the total acreage to be harvested at 327 acres and estimating about 36.4 tons cane per acre as an average the total tonnage harvested at the end of the cutting season will amount to about 12000 tons of cane. As the association has a debt of \$1800 for

the building of the labor camp, it will be necessary for the raising of funds for the purpose of payment of this debt, that each member be assessed 15 cents for each ton of cane harvested from his premises. This will raise the \$1800 necessary and the association will have the camp paid for. Another year there will need be no assessment for the labor camp except for upkeep and repairs, but assessments might be made for other purposes.

The association is open for membership to all homesteaders having cane to harvest in Kapahi.

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